



Junkanoo Journal

September 12, 2005

U.S. Charge d' Affaires Dr. Brandt Hardt accepted a commemorative Junkanoo piece in tribute to the victims of the 9/11 terrorists attacks the United States. Anthon Knowles, a dancer with One Family Junkanoo Group, made the presentation. Mr. Knowles is employed as a Butler at the Ocean Club on Paradise Island.

Involved in Junkanoo for the past 7 years, Anthon has extended his talents to creating special junkanoo gift items. Over the years he has made a number of special order junkanoo pieces for specific occasions for both Bahamians and tourists.

Continued on page 7



Official Newsletter
of
U.S. Embassy Nassau

November 2005

Happy
Birthday!

Tacheis Wallace-Lord	11.11
DEA - FPORT	
Charles Alvarez	11.11
CBP - NASSAU	
Dennis Creighton	11.14
DEA/TAT	
John Dietrich	11.15
CBP - NASSAU	
Jirimes Salameh	11.15
DEA - FPORT	
Sophia Rolle	11.17
B&F	
Zina Sturup	11.18
B&F	
Juana Ramos	11.24
CBP - FPORT	
Calvin Davis	11.24
GSO - NASSAU	
Joseph Hill	11.25
CBP - NASSAU	
Jaime Gray	11.27
CBP - NASSAU	



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Essential Numbers

Embassy	322-1181	Nurse Carol Clowes	427-2508
Post One Emergency	328-2206	Police/Fire Emergency	919/911
if busy:	356-3229	Doctor's Hospital	322-8411/14
or cell:	457-3892	Ambulance	302-4747
Duty Officer Cell	357-7004	Community Liaison Office	
Sandyport Health Unit	327-1850/52	at Embassy	ext. 4254
		Lori's Cell	424-3478

Security Issues

During the last month there have been a number of robberies, involving the use of weapons. These robberies occurred at restaurants, gas stations, hotels, private residences and in the airport parking lot.

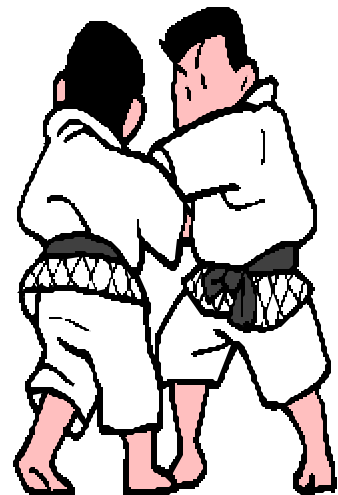
All of the above information underscores the need to have a personal security awareness program that takes into account any threat. The Regional Security Office would like you to take time to once again review these security tips, which may assist in dealing with incidents:

- Persons should always be vigilant about their surroundings and vary your routes and times to avoid predictability.
- Pay close attention to any unusual activity that may have occurred since leaving home. Such things like an open gate; unfamiliar vehicles parked near by, house doors forced open, or shattered windows.
- Look for parking spots that are lighted and observable by shops, passersby, or attendants. Avoid unlit areas spots where persons could hide and ambush.
- If you are approaching a parked vehicle or a home, look around the area for any suspicious persons or activity.
- Keep your car doors locked and your windows rolled up, as you drive.
- In crawling traffic or in a stopped line of cars, leave at least a half a car length between you and the car in front of you.
- Since most crimes occur at night, minimize your nighttime travel especially to rural or less populated areas. You should inform someone of you travel plans and when to expect you.
- If you believe you are being followed, drive immediately to a police station or the Embassy.
- **If armed gunmen confront you, it is essential that you give up your vehicle and valuables. It is recommended that you clearly display your hands. Do not make any sudden moves and do not show any signs of resistance.**
- **Keep an Embassy radio or your cell phone handy.**

Please contact the Regional Security Office @ 4329 or 4125 if you have any questions, or concerns.

Self Defense

If anyone including children would be interested in self defense classes, please advise the Clo by email at johnsls@state.gov.



Simple Ways To Make Your Work Station More Comfortable

Poorly designed office equipment can lead to a host of ailments, ranging from arm and back discomfort to severely disabling carpal tunnel syndrome and chronic low back pain. Industrial hygienists often recommend new equipment, such as well-designed chairs and user-friendly adjustable keyboard trays, to address employees' ergonomic problems. But buying new equipment is not always possible or necessary. Here are some ideas for improving your work station without spending a lot of money:

Place the support at waist level.

Chair: If your chair feels too small, remove the arm rests to make it feel more spacious. If your chair is too large, make the seat pan shorter by adding padding (such as a pillow) at the back. If your chair lacks good lumbar support, place rolled towels or a small pillow behind your back. If your chair is too high, use a footrest (see suggestion below for a homemade version) to prevent your legs from dangling.

Footrest: A sturdy cardboard box can be used as a footrest. Fill it with heavy items to prevent it from slipping around under the desk. A cardboard tube glued to the bottom of the box allows the user to tilt the homemade footrest at a comfortable angle.

Wrist rests: Tape bubble wrap along the edge of the desk surface so it doesn't hurt to lean on the hard edge during computer work. A rolled up dish towel can also serve as a wrist rest. However, **do not** type with your hands laying on these rests. Use them only when you are taking pauses during typing.

Rest breaks: Even the best ergonomically designed equipment cannot prevent injuries if you do not take sufficient breaks from computer work. At least every 20 minutes, stop keyboarding and look away from your computer monitor for a minute or two. Even better, stand up and stretch. Vary your position as much as possible during the day. For instance, stand while reading or talking on the phone.

For more information on ergonomics, consult the DESD Web site at:
Domestic Environmental and Safety Division/Ergonomics

Ergonomic Exercises for Eyes

Computer use is involved in just about every type of job these days. The number one complaint of computer users is eyestrain, or Computer Vision Syndrome (CVS). symptoms of CVS include eyestrain, blurred vision, headache, dry or irritated eyes, neck or backaches, double vision or color distortion. While using a computer may be inevitable, eye and vision problems are not. The three areas to be considered are: the computer environment, the work habits, and the visual condition of the employee. To help prevent CVS, we suggest following the "3-B" approach: Blink, Breathe and Break.

Taking breaks can best be accomplished following the "20/20/20" rule: Every 20 minutes, take 20 seconds and look 20 feet away. or better yet take a twenty minute break (ah just kidding, Boss)!

(Jeffrey Anshel, OD, Corporate Vision Consulting.) The habits, and the visual condition of the employee. To help prevent CVS, we suggest following the "3-B" approach: Blink, Breathe and Break.

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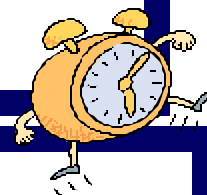




Nassau Kids' Corner

Recognizing the Contributions of our Kids Overseas

Every year, the **Foreign Service Youth Foundation** sponsors the Foreign Service Youth Award for International Community Service. This award is presented to a young person between the ages of 13 -18 who has made a real difference in his/her community overseas. The cable to solicit nominations will go out in the spring, but now is the time to start thinking about those kids who have undertaken a noteworthy project, or encourage them to start one!



Backpack-Related Injuries In Children

Overloaded backpacks used by children have received a lot of attention from parents, doctors, school administrators and the media in the past several years. According to the U.S. Consumer Product Safety Commission, there were more than 21,000 backpack emergency rooms, doctors' offices, and clinics in the year 2003. Injuries ranged from contusions, to sprains and strains to the back and shoulder, and fractures.

"Back pain in children is not so uncommon anymore," according to John Purvis, MD, pediatric orthopedic surgeon. Orthopedic surgeons nationwide have seen an increase in children visiting their offices complaining of back and shoulder pain. If a child complains of back pain, parents should consider that it might be due to the backpack or perhaps something more serious. Back pain that persistently limits a child's activities, requires medication or alters sleep patterns warrants investigation."

The American Academy of Orthopedic Surgeons recommends that a child's backpack should weigh no more than 15 to 20 percent of the child's body weight. This figure may vary, however, depending on the child's body strength and fitness.

While some experts disagree on whether heavy backpacks are the source of back pain in children, most agree that using good judgment when wearing one will reduce the risk of backpack-related injuries. It is important to partner with your child on the selection, packing and caring of the backpack.

Warning signs a backpack is too heavy •

- Change in posture when wearing the backpack
- Struggling when putting on or taking off the backpack
- Pain when wearing the backpack
- Tingling or numbness
- Red marks

Tips for safe backpack use

Wear both straps

Use of one strap shifts the weight to one side, causing muscle spasms and low back pain. This is true even with one-strap backpacks that cross the body. By wearing two shoulder straps, the weight of the backpack is better distributed, and a well-aligned symmetrical posture is promoted.

Wear the backpack over the strongest mid-back muscles

The size of the backpack should match the size of the child. It is also important to pay close attention to the way the backpack is positioned on the back. The backpack should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on, take off the backpack without difficulty, and permit free movement of the arms. Make sure that the straps are not too loose and that the backpack does not extend below the low back.

Use proper lifting techniques

Bend at the knees and use your legs to lift the backpack placing one shoulder strap on at a time. (<http://www.nsc.org/library/facts/backpack.htm>)



Nassau Kids' Corner



What Happens Inside a leaf? **T**hink of leaves as being like little solar panels for trees. Just as solar cells use light to produce electric energy, leaves use light from the sun to produce food for trees. This process is known as photosynthesis, which means "to put together with light." When light enters the leaf, a special part called a chloroplast (klo-ro-plast), uses the light to change carbon dioxide and water into breathable oxygen and a sugar called glucose. Inside the chloroplast is a chemical called chlorophyll. Chlorophyll is very important, because it is the chemical that allows photosynthesis to take place, and it gives leaves their green color.

What happens when the weather starts to change?

When autumn comes and winter is on its way, you'll notice that it doesn't stay light outside nearly as long as it did during the summer. That means that the leaves don't get as much light as they used to, and the amount of chlorophyll starts to decrease. Remember, chlorophyll is what gives a leaf its green color, so as there is less chlorophyll, the leaves lose their strong green color.



Where do the colors come from?

There are always small amounts of other certain colors in every leaf, so when the green starts to fade, the other colors start to become visible. Some of the colors that might hide in leaves until fall are browns, yellows, and oranges (the color, not the fruit!). Colors like reds and purples are made by chemical reactions inside the leaf.

SPECIAL THANKS TO ST ANDREWS AND NANCY HAYDEN!!

Mardi Gras Day was a big success at St Andrews. During the "Year of the Spirit", every faction of the St Andrew's community showed its spirit of caring, learning and giving on Mardi Gras Day. The money raised will be distributed through NAIS, the National Association of Independent Schools which will benefit children in New Orleans. The year 13 students wanted to thank **Dr Brent Hardt**, DCM of the US Embassy, for taking the time out of his busy schedule to make several visits to the school in order to speak with students about New Orleans. Thanks also go to those who organized the day, prepared the entertainment and food. Special mention must be made of faculty and staff members Mrs Judy Reiach, Ms Elizabeth Phillips, Mr Marcus Moss, **Mrs Nancy Hayden** (a parent) and all the students in years 12 and 13 who worked so hard on the day. **BRAVO!!**



Announcements

AMERICAN EMBASSY NASSAU, BAHAMAS VACANCY ANNOUNCEMENT NUMBER: 05-09

OPEN TO: All Interested Candidates

POSITION: Security Investigator, FSN-08; FP-6

OPENING DATE: October 31, 2005

CLOSING DATE: November 14, 2005

WORK HOURS: Full-time; 40 hours/week

SALARY: * Not-Ordinarily Resident: US\$34,540 p.a. (Starting salary)
(Position Grade: FP-6 to be confirmed by Washington)

*Ordinarily Resident: B\$34,639 p.a. (Starting salary)
(Position Grade: FSN-08)

NOTE: ALL ORDINARILY RESIDENT APPLICANTS MUST HAVE THE REQUIRED WORK AND/OR RESIDENCE PERMITS TO BE ELIGIBLE FOR CONSIDERATION.

The U.S. Embassy in Nassau, Bahamas is seeking individual for the position of **Foreign Service National Investigator (FSNI)** in the Regional Security Office (RSO) Section.

BASIC FUNCTION OF POSITION

This position reports directly to the Regional Security Officer and is responsible for performing investigations relating to personal security background information and investigations requested by various U.S. Government Agencies concerning a variety of subjects. The incumbent is administratively in charge of the Ambassador's protective detail.

Performs a full range of personal background security investigative duties relating to the determination of suitability for employment with the Embassy of associated agencies of Foreign Service local job applicants. This involves planning, investigation, fact-finding, evaluating, and writing the report that will be the basis for the determination of the applicant's suitability for employment.

Conducts liaison with the Royal Bahamas Police Force (RBPF), the Royal Bahamas Defense Force (RBDF) and other Government Ministries as needed by the RSO.

QUALIFICATIONS REQUIRED

NOTE: All applicants must address each selection criterion detailed below with specific and comprehensive information supporting each item.

Education: Completion of one or more years of college-level study is required. RBPF or military experience may be substituted on a one to one basis.

Prior Work Experience: Five (5) years of progressively responsible experience in investigative work with a military, police, or private security organization is required.

Post Entry Training: On-the-job training.

Language Proficiency: English level IV (fluent) both written and spoken is required.

Knowledge: Knowledge of the principles and techniques of investigating is required. A good working knowledge of documentary source of information and familiarity with pertinent local laws is also mandatory.

Skills and Abilities: Ability to maintain extensive contacts with officials of various local agencies including the police. Ability to deal effectively with others and to obtain their co-operation is essential. Must be able to distinguish between relevant and irrelevant information and to report facts accurately in a logical, concise, and objective manner.

A copy of the complete position description listing all duties and responsibilities is available in the Human Resources Office.

ADDITIONAL SELECTION CRITERIA

1. Management will consider nepotism/conflict of interest, budget, and residency status in determining successful candidacy.
2. Current employees serving a probationary period are not eligible to apply.
3. Currently employed US Citizen EFMs who hold a FMA appointment are ineligible to apply for advertised positions within the first 90 calendar days of their employment.
4. Currently employed NORs hired under a Personal Services Agreement (PSA) are ineligible to apply for advertised positions within the first 90 calendar days of their employment.

CLOSING DATE FOR THIS POSITION:

NOVEMBER 14, 2005

OPEN TO: Eligible Family Members (EFMs) – All Agencies

POSITION: NAS Program Assistant - FP-07

OPENING DATE: November 3, 2005

CLOSING DATE: November 17, 2005

WORK HOURS: Full-time; 40 hours/week

SALARY: *EFM: FP-7, US\$30,378.00 p.a.
(Position Grade: FP-7 to be confirmed by Washington)

The U.S. Embassy in Nassau, Bahamas is seeking an individual for the position of NAS Program Assistant in the NAS Section.

BASIC FUNCTION OF POSITION:

Incumbent works under the supervision of the NAS Officer of the Narcotics Affairs Section. Works with NAS to manage budgets for Projects and Program Development & Support. Also, to provide financial support for implementing the Letter of Agreement with the Government of the Bahamas. Incumbent is also responsible for producing yearly Program Development & Support budget for submission to INL for fiscal year funding along with the reconciliation of financial records with the Office of Management and Budget. Procure equipment, training and travel in support of the Letter of Agreement and Maintain financial files. Perform other duties as assigned by the NAO.

A copy of the complete position description listing all duties and responsibilities is available in Human Resources. Contact (Tel: 322-1181 – ext. 4288 or 4293).

REQUIRED QUALIFICATIONS:

NOTE: All applicants must address each selection criterion detailed below with specific and comprehensive information supporting each item.

Citizenship: Must be an American citizen family member of a direct hire Mission employee.

Clearance: Ability to obtain a high level security clearance. A qualified American who currently holds or held a prior clearance would be given primary consideration

Status: Eligible family member or American Citizen.

Education:

At least two years of college level education is required.

Prior Work Experience: One to two years of previous experience working in an office environment and some accounting/bookkeeping type experience is required. Candidates with one year of experience as a NAS Program Assistant may be hired at the FP-07 level.

Post Entry Training: On-The-Job

Language Proficiency: Written and spoken English at Level IV is required.

Knowledge:

Should possess excellent record keeping skills. Must be able to work independently without close supervision. The successful candidate will be detail-oriented with strong organizational abilities.

Abilities and Skills: The incumbent should have excellent interpersonal and oral and written communication skills. Ability to use Microsoft Word required. Must be able to work under pressure.

SELECTION PROCESS

When equally qualified, Eligible Family Members and U.S. Veterans will be given preference. Therefore, it is essential that the candidate address the required qualifications above in the application.

Current employees serving a probationary period are not eligible to apply.

EFMs who currently hold a PIT/FMA appointment are ineligible to apply for advertised positions within the first 90 calendar days of that appointment.

TO APPLY: INTERESTED APPLICANTS SHOULD SUBMIT A SF-171 OR OF-612 APPLICATION FOR EMPLOYMENT OR ANY OTHER DOCUMENTATION (E.G, CERTIFICATES, AWARDS, COPIES OF DEGREES ERNED) TO: U.S. EMBASSY/HUMAN RESOURCES DEPARTMENT TEL: 322-1181 EXT. 4288 OR 4293, OR FAX: 242-328-7838, NASSAU, BAHAMAS NO LATER THAN

Anthon created the (15 X 15) Junkanoo piece in tribute to the World Trade Center and the many victims of 9/11 terrorist attacks on the U.S. It is dedicated to the friendship and profound cooperative relations that the Bahamas and the U.S. have sustained over the years.

Anthon uses the colors of the Bahamian flag on one side of the piece, and the colors of the American flag on the other. The twin Towers are each depicted by the colors of the Bahamian and U.S. Flags respectively, with a small flag of each country on top of the buildings. The courageous work of the New York Fire Department who assisted in the 9/11 tragedy is also represented in the piece.

Job Announcement

Grant Writer / Administrator - Bahamas National Trust

Primary Responsibility: To help develop long-term sustainable funding for the organization by researching and writing grants from sources of public and private funding such as the European Union, Global Environment Facility, European Development Fund and private foundations.

Position location: BNT Headquarters, The Retreat, Nassau

Reports to: Director of Development

Primary Tasks:

- Identify possible sources of grant funding.
- Work with senior staff to develop proposal ideas and then write concise and compelling grant applications.
- Assist in all aspects of the grant proposal - research, project development, budgeting, writing, grant administration.
- Write and submit reports to potential donors in a timely manner.

Primary Skills Required:

- Excellent writing and verbal skills.
 - Proven experience in researching and securing grants, particularly from public sector (government) donors, a major plus.
 - Minimum five years work experience, preferably in government grant writing/administration
 - Demonstrated ability to organize time, manage diverse activities, meet deadlines and attention to details. Proven administrative skills.
 - Excellent knowledge of MS Office, Word, Excel, Powerpoint and the Internet.
 - Willingness to work long hours to meet tight deadlines.
- To apply for this position that begins on January 1, 2006, email or send: 1) cover letter, 2) resume, 3) telephone numbers and email addresses for three professional references, and 4) two writing samples to bnt@batelnet.org or to Bahamas National Trust, Human Resources Manager, P.O. Box N 4105, Nassau by November 18, 2005.

The Commissary bulletin

Commissary Association Fun Time! Chili Cook Off

WHEN:
Friday, November 4th

WHERE: You know the location
TIME: 5:00- until all the chili is finished

Come join us in finding the best chili cooks from the AMERICAN EMBASSY NASSAU

There will be prizes for the best two pots of chili.

Entrance and your chili meal will cost \$5.00/person Kids 3 and under free .

Tickets are on sale!
Buy your ticket at the door!

All proceeds go to support our Commissary Association!

Chili Cooks: One pot of chili (to feed 15)
3 judges Have been established. Only chili experts who are not cooking -- please.

Its not to late to plan and go!!!
We hope to see you there!

We need volunteers for the following:

- Sell tickets at the door
- Sell soda at the site
- Setup and clean up of the grounds
- Side dishes are welcome

Please contact CLO, Scott Buttrick, or Bel Vanderploeg.

- To shop at the commissary, you must be a member. Membership costs \$150, which is refundable upon your departure from post. Please call Joe Smith at **325-0664** to purchase a commissary membership.

A new shipment has arrived. Included in the shipment: Coke, Diet Coke, Dr. Pepper, and lots of Beer. You better hurry though Heineken is running low! Drop by on Wednesday or Saturday.

Commissary Hours:
Wednesday 10:00 - 2:00 pm
Saturday 9:00 - 11:00 am

If you would like to see certain items in the commissary please inform your commissary board members or the Clo.!

- Wonderfully Prepared Chili from Embassy Chefs
- Additional Foods to Compliment your Chili
- Good Friends, Colleagues & Families
- the Satisfaction of Supporting your Commissary!

George Kimmell graciously offered to cover the cost of the "bouncy castle" for the kids!

HELP NEEDED

HURRICANE WILMA EMERGENCY APPEAL

The Situation:

For the third time in fourteen months the island of Grand Bahama has been hit by a category three hurricane. October 26th was a bleak day in the lives residents of West Grand Bahama. Wilma unlike her predecessor last year approached the island from the South West and inflicted punishing winds and water surges onto the Coast of South West Grand Bahama. The areas of Eight Mile Rock, Pinder's Point, Holmes Rock, Hunters, Bootle Bay and a few smaller communities suffered the full brunt of the storm. Hundreds of homes were devastated by the surge. Some were literally washed away by the storm surge which is estimated to have risen between eight and ten feet. This was driven by winds of up to 113 miles per hour. Hundreds of people have been displaced by the storm. Amazingly only one death has been reported.

There has also been great damage to government and other social facilities. Clinics and schools have been destroyed. Churches, which serve as the center of many of the communities, have been totally destroyed. Schools are destroyed, roads and main thorough ways have been restricted and many vehicles have been lost. "The Fish Fry" which was one of the main sources of income for the Eight Mile Rock area, the third largest community in the Bahamas, has been totally destroyed. Left standing are only remnants of foundations. Some families remain in local shelters, others have temporarily repairs portions of their homes and are living there; while others have move in with relatives and friends.

The township of West End, which was hit twice last season, also received major wind damage. Many roofs were either destroyed or heavily damaged. Once again the local school lost a portion of its roof. Unlike last year's hurricanes where the entire island was decimated, the Freeport area is still functional. Currently there seems to be a sufficient amount of relief supplies and food on the island. Food and water seem to be flowing into the affected areas. NPCC and Island Journeys, in partnership with International Rescue and the Rotary Clubs of Grand Bahama, have collected and distributed food, water and toiletries to almost three hundred individuals. They are also assisting local churches to set up feeding centers. Food supplies have been shipped to Grand Bahama to assist with this. Currently there is medical relief available on the island, however, as time progress the local health system is likely to experience great strain.

While we emerge from the emergency phase, this situation still needs to be watched as we approach our winter season. In Grand Bahama last year temperature 30 degrees Fahrenheit. This will prove detrimental to those families which are living in shelters or partially destroyed homes.

Immediate Needs Psychosocial Relief and Recovery

The response to this new disaster has to be a psychosocial approach. Daily routines have been disturbed. This in itself provides a psychological affect on residents. There are many signs of shock and trauma on the faces of many of the residents who are either sitting on their foundations and looking in disbelief or crying asking for assistance as people and cars pass them by. Many of the children who are playing unsupervised in the yards in the midst of rubble seem to be in good spirits but as we know this will end as the visitors cease to travel to these areas.

Childcare Workers

There is a need for individuals to travel to the affected area to work with children. These teams will focus on play groups and activities for the children. They should allow them to talk about the disaster and even write stories and be allowed to express their emotions in creative ways. This will help the children to talk about the disaster as well as give their parents time to go about trying to seek help or gather more of their belonging or begin the recovery process. Church groups, teachers or individuals interested in working with children are welcomed.

Trauma Counseling

Both professional and non professional counselors are needed to carryout trauma counseling. People are in shock and they are not sure what will happen next. Some have lost all of their personal possessions and jobs and not sure how they will survive. There is also need to give support to the social workers and other service personnel that are involved in the psychosocial recovery efforts.

Livelihood

People are in need of income in order to begin the recovery process. They ideally should work closer to their homes. Manual laborers, cooks, domestic workers, construction workers will all be in need of jobs.

Housing

While the exact amount of houses damaged or destroyed are still undetermined it is estimated that at least 100 families have been misplaced. This represent more than one thousand people. The quicker these families are returned to their homes the quicker they can begin the process to a full recovery.

The Plan

(NPCC www.npcconline.org) has been actively working on Grand Bahama since last year's hurricanes. Their efforts have led to the establishing of a response and recovery agency, Island Journeys (www.Islandjourneys.org). On Grand Bahama they have partnered with NEMA, Pioneer Community Church, the Rotary Clubs and St. Mary's Anglican in West End. More than three hundred volunteers have traveled to Grand Bahama from the United States and Nassau to lend a hand. They currently have one fulltime staff member on the island and one part-time staff. There is also a fulltime individual volunteer on the island. They have a three bedroom apartment which doubles as an office in West End. This facility can house up to twelve people. They do have access to transport and a full cadre of carpenter tools. NPCC will work in partnership with Island Journeys to facilitate volunteers to assist with the psychosocial recovery. They are also seeking other local partners on Grand Bahama to assist with this effort.

They need assistance with the following :

Ø There is a great need for teams to travel for either a day or weekend to Grand Bahama. These teams will **assist with the childcare program** and the trauma counseling. Teams are asked to make a contribution to their travel. Island Journeys will facilitate on the ground logistics for teams.

Ø Also needed **skilled and semi-skilled volunteers** to assist with the rebuilding process. These teams should ideally travel for one week however weekends trips will also be accommodated.

Ø For our reconstruction program we would like to **assist with the rebuilding of at least ten homes** in the affected areas. Each home is estimated to cost approximately \$35,000 with volunteer labour. This will require at least 400 skilled or semiskilled volunteers for at least one week of work each.

Ø Most off all we are in need of **funding**. The funding will assist us in paying our local staff that were also affected by the storms and also pay for operating expenses such as transport, accommodations and food for volunteers. It will also assist with purchasing some materials and other supplies such as generators and tools. They would also like to support some of the teams that are going into Grand Bahama to assist with the psychosocial recovery.

There is a long journey ahead to recovery. However, we must see this as an opportunity to reach out to our friends and neighbors who are affected at this time. Your donation of time and/or money will be greatly appreciated.

If you are interested, please contact Nancy Bennett at bennett@NASSAU.mg.southcom.mil



Freeport Helps Their Own

One of our Federal Management Systems employees has suffered great loss from the destruction of Wilma. Hannah who lives at the West End of Freeport lost her entire home. In coordination with our housing officer in Freeport, one of the Freeport landlords who lost his roof donated all his furnishing to Ms Hannah. An example of Freeport taking care of their own.

Hats off to this Gentleman!!!

TIDBITS

DATE CHANGE - 2005 BOXING DAY HOLIDAY

After further review by the Bahamian Government, the 2005 Boxing Day Holiday will now be observed on **Tuesday, December 27th, 2005** instead of Monday, December 26th as originally announced.

The Embassy will therefore be **closed both Monday, December 26th and Tuesday, December 27th** in observance of the Christmas and Boxing Day Holidays, and will re-open at 8:00am, Wednesday, December 28th, 2005.



CORRECTION: SEASONAL PERDIEM RATE CHANGE

The following is a correction to ref tel a.

2. Beginning October 1, 2005, the Washington, DC per diem rate will be seasonally adjusted. The rates will be as follows:

Dates	Lodging	M&IE	Total
October 1-December 1	\$166.00	\$64.00	\$230.00
January 1-May 31	\$187.00	\$64.00	\$251.00
June 1-August 31	\$145.00	\$64.00	\$209.00
September 1 - Sept. 30	\$166.00	\$64.00	\$230.00

3. The Washington, DC area also includes the cities of Alexandria, Falls Church and Fairfax, and the counties of Arlington, Fairfax, and Loudoun in Virginia; and the counties of Montgomery and Prince George's in Maryland.

AMBASSADOR ROOD'S 9 HOLE FUN GOLF SCRAMBLE

NOVEMBER 18 @ 1:00
\$35.00 GOLF GREEN FEES
\$5.00 FOR COOKOUT AFTER
TOURNEY

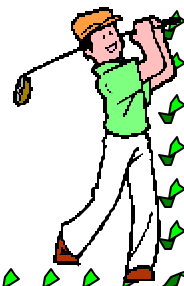
PRIZES WILL BE AWARDED FOR LONG-
EST DRIVE

AND CLOSEST TO THE PIN

Sign up sheet outside the CLO's Office
or See

Scot Buttrick or Steve Conrad(MAV)

COME OUT AND HAVE FUN NO
MATTER WHAT EXPERIENCE



You are invited to a Holiday party.

Date: December 10, 2005

Time: 8:00 p.m.

Dress: Dressy Causal

Place: Yamacraw Shores (Directions will be provided)

Cost: \$25.00 per person

Deadline for payment: November 25, 2005

Make payment to Olga Forbes, Human

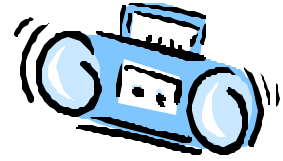


COFFEE HOUR

Everyone is invited to meet the spouses for COFFEE MORNING November 17th @ The Village in P.I. Since I am unable to post the time, I will post it under a separate email. Please bring any ideas for our Book Club Reading. If you have any ideas for the holiday season we would also love you to share them with us. Currently I am working on an Embassy Holiday Bazaar, and would be interested in everyone ideas.



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The Department of Energy's Federal Energy Management Program (FEMP) encourages federal agencies, federal workers, and others to "see the light" and do more to save energy and money. The federal government can play a unique role in facilitating and encouraging wise energy use, while simultaneously protecting the environment and conserving natural resources. *Did you know that your agency pays between \$250-\$2000/month per family for the cost of electricity in our homes in the Bahamas?* For an agency, conserving energy means lower bills. *Every decrease in energy costs is an increase in funds available to meet other mission-critical needs.* Each and every individual action we take - from turning off lights in unoccupied rooms to turning off computer monitors and computers, if possible - add up to a brighter future for us all. You can save energy at your office and home by following these tips:

Remember the No. 1 Energy Golden Rule: ***Turn it off when not in use***

Energy Conservation Tips For the Home

- Turn off the lights in rooms that are not occupied. (If you don't want to come home to a dark house, put a few lights on timers.)
- Set your thermostat to 80-85 F when no one is home or turn the A/C off completely. It really doesn't take that long to cool the house down at night when you return.
- Use the kitchen and bath ventilation fans sparingly. In as little as an hour, fans can leak out a significant amount of conditioned air from the house.
- Turn off any heat-producing electrical appliances that are not in use -- iron, curling iron, coffee-pot, toaster oven, etc.

Karen Wiebelhaus
General Services Officer

Holiday News

Get Into the Holiday Spirit!

Holiday Door/ Cubicle Decoration Contest

In order to get everyone in the spirit of the Holidays, Human Resources and The CLO will be holding a contest.

Doors or Cubicles must be decorated by December 16th.
So the judging can begin.

Upcoming Events

- November 4th Chili Cook off
- November 8th– AWC Coffee Morning
- November 11 AWC Veteran's Day
Cocktail 700
- November 15 AWC Anthony's Caribbean
Lunch
- November 17 Coffee Hour for anyone
who can come down an
visit at Starbucks.
Time to be announced
- November 23 Embassy wide Thanksgiving
Dinner at Ambassador
Rood's home. Details to
follow.
- December 13 AWC Christmas Luncheon at
the Ambassador's Home.
RSVP required
- December 15 Embassy Holiday Dinner at
Ambassador Rood's Home

We are currently looking for two Volunteer who would like to coordinate the Angel tree and Toys for Tots Program for the Holidays. Great Benefits!! Contact the CLO

Look for Further Information on Adopt a Marine for the Holidays. Any questions call Alicia Arnold at 356-5283.

Mark your calendars for the morning of Friday, November 11, 2005. The National Council for Disability - an organization working with 22 local disabled persons groups - has been granted land and an office building by the Bahamian government. Unfortunately, the building needs quite a bit of work to make it useable for disabled persons. **Your help** is needed for some of the more physical aspects of the restoration. The Navy is planning to send a team of sailors to the new building on November 9 and we want to send a follow-up team of Embassy personnel on the 11th for a day of painting, gardening and general elbow grease. We have received kind donations of paint and painting equipment, but we need your help!

Please let me know if you or your family are willing to pitch in.
Thanks.

Greg Floyd ext 4510

The United States Marine Corps
Detachment in The Bahamas
cordially invites you to join them
and
The Ambassador of the United
States of America and Mrs. Rood
at the Marine Ball in honor of
The 230 Birthday of the U.S.
Marine Corps
on Saturday, November 12, 2005

Have something to say? Submit your advertisements, articles and announcements to the CLO by Wednesday at noon for Friday publications. Please send to: Johnsls@state.gov. Submissions may be edited for length, clarity, or security. Publication in the *Junkanoo Journal* does not imply endorsement by the Community Liaison Office, Embassy Nassau or the Government of the United States.